

## Abbreviated History

1. **BORN NEEDY:** We are all born with basic emotional needs.
  - Love: contentment, peace, satisfaction, fulfillment, and completeness
  - Acceptance: unconditional love and acceptance to be liked as we are
  - Worth/value: a sense of significance, specialness, and importance
  - Identity: Importance, knowing who I am, knowing my unique reflection of Christ
  - Security: safe from harm, embarrassment, exposure, failure, rejection
  - Adequacy: Being enough or satisfactory for a particular purpose, ability, and competence
  - Helped: Someone else sharing your burdens
  - Heard/understood: Seen and heard, known, validated, noticed
  - Belong: fitting in or feeling like you are a vital and essential member of a group
  
2. **LIFE MESSAGES:** We receive messages that form our beliefs about God, ourselves, and others.
  - We form life messages (beliefs) through hurtful experiences of obvious or subtle rejection.
  - Parents, family, and significant adults
  - Friends and teachers
  - Traumatic events
  
3. **THOUGHTS AND FEELINGS:** Rejection and lies cause our powerful feelings and thinking patterns.

*Please circle any feelings that you have regularly experienced throughout your life. It is easiest to think of them by considering how you felt the last time you had a bad day.*

Abandoned	Abused	Afraid/frightened	Agonized	Alienated
Alone/lonely	Antagonistic	Anxious	Apprehensive	Aggravated
Apathetic/indifferent	Ashamed	Bashful/shy	Bewildered	Bored
Cautious	Cold/numb	Competitive	Confused/puzzled	Crazy
Defenseless	Defensive	Depressed	Desperate	Disconnected
Disillusioned	Doomed	Doubtful	Discouraged	Disgusting
Dissatisfied	Distracted	Distrusted	Dirty	Disappointed
Embarrassed	Excluded	Exhausted	Exploited	Exposed
Frantic	Frightened/scared	Foolish	Gloomy	Greedy
Grief	Guilty	Helpless/small	Hopeless	Hysterical/frantic
Immature/childish	Inadequate	Incompetent	Inefficient	Inferior
Inhibited (free)	Insecure	Insignificant	Isolated	Lethargic/tired
Lost	Maladjusted	Marginalized	Melancholy/sad	Miserable
Misjudged	Misunderstood	Naive	Neurotic	Numb
On my own	Overlooked	Overwhelmed	Panicky	Persecuted
Pressured	Powerless	Rebellious	Regretful	Rejected
Remorseful	Revengeful	Scattered	Shock/disbelief	Shy
Stupid/dumb	Submissive	Surprised	Suspicious	Tense
Trapped	Ugly	Used	Undecided/uncertain	Unstable
Upset	Victimized	Vulnerable	Worried	Worthless

List any feelings that you are aware of not included on this list: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. **BELIEFS:** Due to recurring thoughts and feelings, we draw conclusions about ourselves, God, others, and life. Often these beliefs do not reflect God’s truth even though they feel and seem true.

*Please circle any beliefs you have regularly rolled around in your soul based on your thoughts, feelings, and self-talk, especially on a bad day.*

I am not loved/desired.	I am not lovable/desirable.	I am not cherished/esteemed.	I am okay if you’re okay.
I am not missed.	I am not needed/unwanted.	I am not okay.	I can’t get anything right.
I am not respected.	I am not valued.	Bad things will happen to me.	I am not good enough.
I don’t measure up.	I am powerless.	I am dumb/stupid/no good.	Others stop my victory.
No one is safe.	I am strong/able/competent.	People will always reject me.	I just always hurt others.
I am unsafe.	I am usable/disposable.	Nobody hears or understands.	I am inferior.
Life is out of control.	I am too much.	I am an embarrassment.	I am not free to be me.
I am not important.	Hard work pays off.	I can’t change/It’s hopeless.	I am broken/flawed.
I am ashamed/guilty.	I deserve punishment.	I am worthless.	I am insignificant.
I am a disappointment.	I am not important.	I am invisible/don’t belong.	I don’t deserve love.
I don’t deserve acceptance.	I am disconnected.	I don’t fit anywhere/outsider.	I am not as good as...
I am a wreck.	I am what I do.	I am the problem.	I am on my own/alone.
I am fearful/afraid.	I am a failure.	I can’t be a success.	I am not normal.
I am inadequate or unable.	I only have bad luck.	I am not competent.	Nowhere is safe.
I am not the problem.	I am strong.	I am self-sufficient.	I am not inferior.

5. **FLESH PATTERNS:** Flesh patterns are the coping methods or survival strategies we develop to protect ourselves from rejection or promote ourselves to succeed and meet our needs.

*Please circle each way you cope with pain, rejection, or pressure, especially on a bad day.*

<b>Self-absorbed:</b> Self-pity, focus on suffering to get attention, victim or martyr
<b>Withdrawal:</b> Distance self from others, avoiding others (loner), non-communicative, silent treatment
<b>Obsessed:</b> With accomplishments, recognition, appearance, structure, a cause, health
<b>Escapism:</b> Through sex, drugs/alcohol, workaholic, fantasy, porn, TV, sleep, food, exercise, self-harm
<b>Self-reliant:</b> Try harder, too strict on self and others, legalistic, fear making mistakes, self-harm, workaholic
<b>Self-gratifying:</b> Impulsive, shopping, food, sugar, alcohol, lack of self-control, “If it feels good, do it.”
<b>Anxious/nervous:</b> Fearful, lack peace/rest, paralyzed, overly suspicious, use astrology for answers
<b>Dominant:</b> Bossy, demanding, overbearing, controlling, intimidating, manipulative/threats, unyielding
<b>Complacent:</b> “Doesn’t matter,” give up, not take a chance/avoid failure, let others tell what to do
<b>Passive:</b> Unreliable, procrastinating, non-decisive, apathetic
<b>Insensitive:</b> Uncaring, indifferent, unsympathetic
<b>Resist authority:</b> Uncooperative, not teachable, striving, inflexible, obstinate, unreasonable
<b>Pessimistic:</b> Suspicious; distrusting others, self, God, church, government, never satisfied
<b>Fault finding:</b> Nitpick, opinionated, intolerant, complainer
<b>Hostile or angry:</b> Unfriendly, malicious, cruel, brutal (force), sarcastic, quick temper
<b>Self-righteous:</b> Defensive, hide mistakes, assume you are never the problem, blame-shift
<b>Unemotional:</b> Avoid intimacy, deny feelings, unable to express love, keep people at a distance
<b>Self-deprecating:</b> Assumes I’m the problem, overly apologetic, cling to those who accept
<b>Pleaser:</b> Say what others want to hear, give in, avoid conflict, disregard own preferences/opinions
<b>Unforgiving:</b> Bitter, hold grudge, keep score, seek revenge, punishing, barbed remarks
<b>Fight unfairly:</b> Slanderous, misrepresent the truth, gossip, passive-aggressive, pretend like don’t hurt
<b>Put up a front:</b> Fake, phony, superficial, too gushy, putting on a show
<b>Caretaker:</b> Overprotective/possessive, responsible for others, nag, try to prevent other’s failure

No matter how good our intentions are, our flesh patterns or coping mechanisms eventually fail, leading to **frustration and conflict**. We have conflict within ourselves and with others who can’t meet our expectations or understand our struggle. It leads to frustration when we can’t seem to change or “get a clue” about why life isn’t working. Jesus gets it. In John 6:63, He said, “Flesh profits nothing.” He didn’t say this to embarrass us but to point out that apart from Christ, we cannot meet our needs. Jesus says to you, “Come to Me, all who are weary and heavy-laden, and I will give you rest. Matthew 11:28